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AUTHOR	Seiffge-Krenke, Inge
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ABSTRACT

The primary aim of this book is to integrate findings on health and illness in adolescence. The book is geared towards those in the health psychology field as well as others concerned with the issues of adolescent health. It argues the value of following a developmental approach to the study of health or illness in general, and especially for adolescents. As an age group, adolescents are more likely to develop psychopathological symptoms. The book discusses factors that might be responsible for these symptoms. Special attention is given to adolescents showing cumulative deficits in their development due to exposure to highly stressful events and the lack of internal coping resources and social support to help them deal with these stressors. Chapter 1 summarizes various theoretical models of health and illness. In chapter 2, specific developmental barriers in obtaining diagnostic information in adolescent patients are outlined. In chapter 3, mortality and morbidity data from various adolescent populations offer rough estimates of adolescent health status. Chapter 4 presents an overview of the physical changes in adolescence and the effects on interactions with health experts. Typical stressors, and coping styles shown by normal and clinical samples of adolescents are described in chapters 5 and 6. Chapter 7 addresses these same issues in adolescents suffering from chronic disease. Barriers to seeking health care or accepting offers of help are detailed in chapter 8. The book concludes with a discussion of the major themes, and offers some suggestions for prevention and intervention. (Contains 733 references and subject and author indexes.) (GCP)

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